

Har Aerobic Kriya

Yogi Bbajan's Kundalini Yoga Class - Women's Camp
1985

This set of exercises should be done very quickly and with a fluid motion moving from one exercise to the next without stopping. When done properly it is a great aerobic workout. Repeat this whole sequence. YB would have the women do 62 minutes every day.

Come standing up and spread your feet about hip width apart.

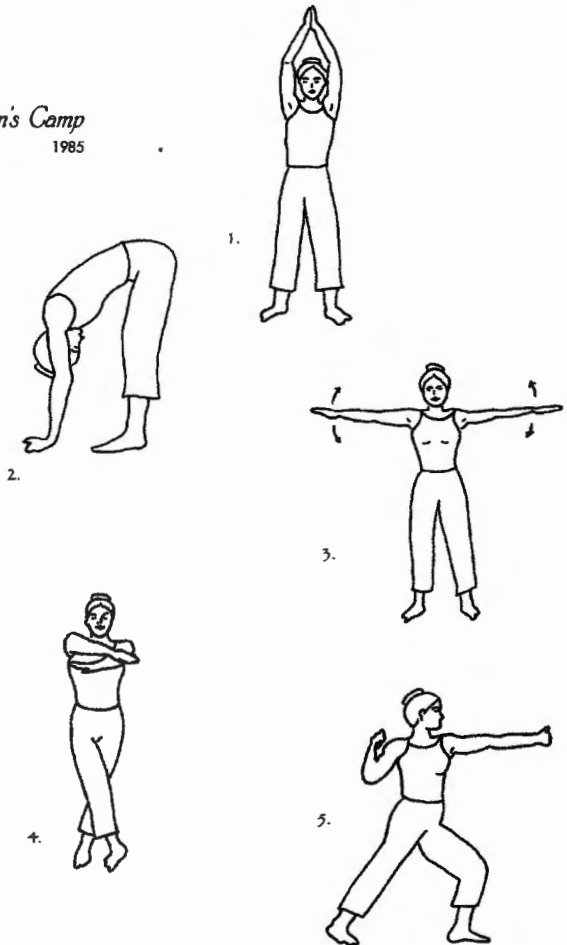
1. Bring your arms up straight over your head and clap your hands together eight times chanting Har with each clap.

2. Bend over from the hips slap the ground eight times chanting Har with each slap.

3. Bring your arms out to your sides parallel to the ground, palms facing down. The arm movement is about one foot above and below midline. Flap your arms up and down eight times chanting Har.

4. With your arms straight out to the sides you will jump and cross your arms in front of you and your legs at the same time - in a criss-cross jumping-jack motion. Chant Har as your limbs cross and Har as they open. Eight times chanting Har.

5. Now come into Archer Pose with your right leg forward and left leg back, pulsing forward and back, chanting Har each time you bend forward. Eight times.



6. Switch sides and do Archer Pose with your left leg forward and right leg back, pulsing and chanting Har eight times.

7. Again, same criss-cross jumping exercise as in #4. Eight beats of Har.

8. Stand straight with your arms straight up overhead. Then lean back arcing your back, and pulse backwards eight times chanting Har.

9. Again, same criss-cross jumping exercise as in #4. Eight beats of Har.

10. Stand straight with your arms straight overhead. Then bend to your right side pulsing up and down four times chanting Har. Switch sides and bend to your left side and pulse four times chanting Har.

11. Again, same criss-cross jumping exercise as in #4. Eight jumps chanting Har on each.

Repeat entire sequence over and over again.

